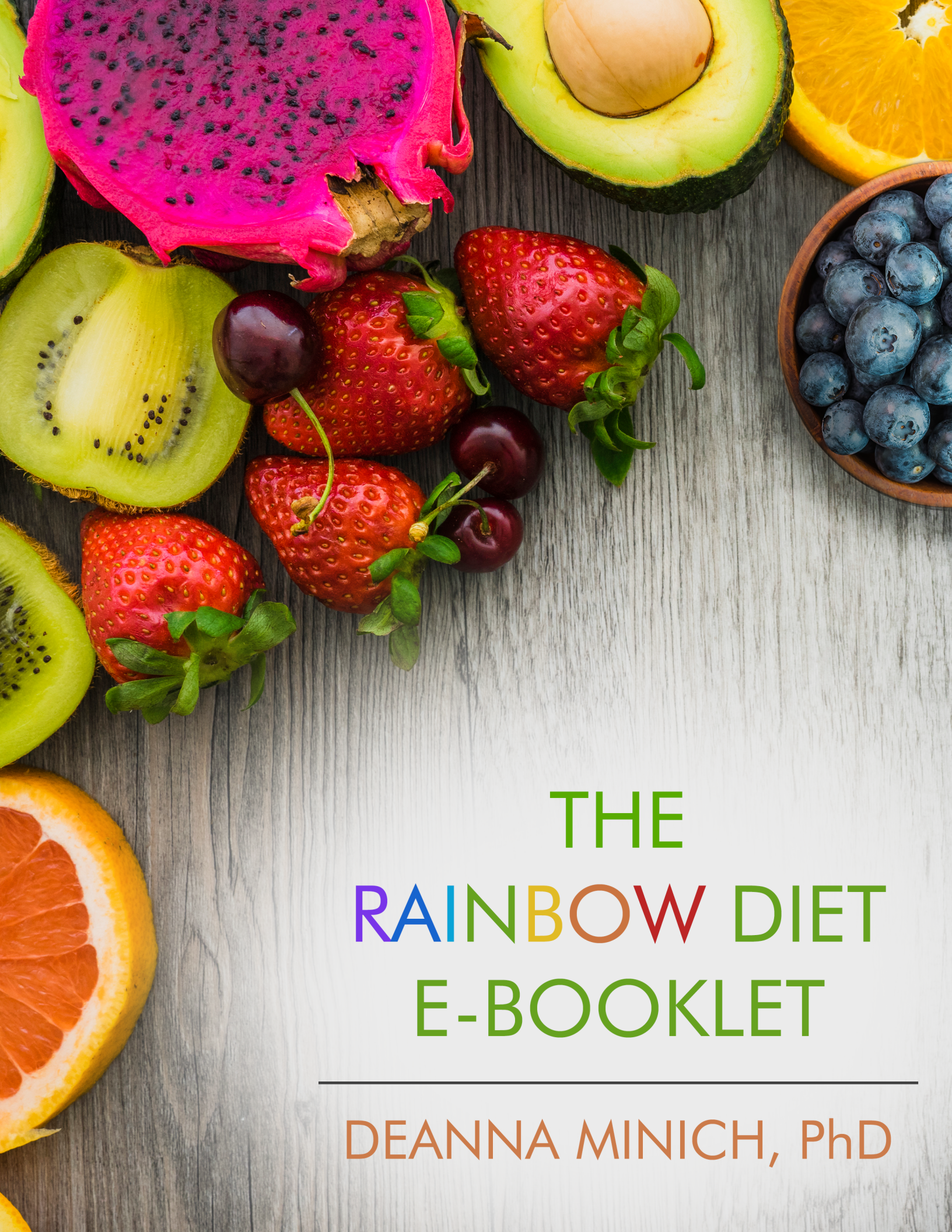

# THE RAINBOW DIET E-BOOKLET

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This booklet is intended as an informational guide and is not meant to treat, diagnose, or prescribe. For any medical condition, physical symptoms or disease state, always consult with a qualified physician or appropriate health care professional. The author does not accept any responsibility for your health or how you choose to use the information contain in this booklet.



 

# RED FOODS AND YOUR IMMUNE SYSTEM

Your immune system is your body's natural defense system. It is represented by the color red and your root system—the instinctual, primal template for who you are. When it is healthy, your immune system can protect you from getting the common cold and the flu[1,2], and it can also protect you from developing chronic diseases like type 2 diabetes, cardiovascular disease, neurodegenerative disease, and cancer[2,3,4].

There are a variety of mechanisms through which your immune system keeps you healthy. One of those mechanisms involves antioxidant defenses. Antioxidants function by quenching, or neutralizing, free radicals. The generation of free radicals is a normal process in the body, and it does have some benefits. It can help our bodies fight infection by killing invading pathogens like bacteria, viruses, and parasites.

When the production of free radicals overwhelms the body's need for, and capacity to neutralize them, cellular damage, inflammation, and chronic disease can result. Antioxidants are molecules that safely interact with free radicals and neutralize them, preventing them from causing damage. There are a variety of antioxidant nutrients your body requires to assist with this process, and they need to be obtained from your diet. A diet rich in antioxidant nutrients can help boost the strength of your immune system.

Examples of these nutrients include vitamins C and E, beta-carotene, and a variety of polyphenol compounds, which are naturally occurring micronutrients that have antioxidant properties. Lycopene is a powerful carotenoid antioxidant nutrient that gives some red fruits and vegetables their color.

Did you know?

- Berries contain natural antioxidants like vitamins C and E, beta-carotene, and a variety of polyphenol compounds.[5]
- Anthocyanins are flavonoid compounds found in strawberries, cherries, and red berry fruits, and they have been studied for their role as antioxidants in brain health and cardiovascular health in men and women.[5, 6]
- Tomatoes contain lycopene, a carotenoid compound giving them their red color, which has been studied for its antioxidant benefits in cardiovascular health and cancer prevention.[7]
- Vitamin C is important for your immune system; it serves as an antioxidant, and it helps the body resist infection by supporting immune cell functions.[8,9]



 

- Vitamin E is an important fat-soluble antioxidant vitamin, which must be obtained from the diet, and it may depend on another antioxidant, vitamin C, for optimal function.[10]
- Oxidation and oxidative stress can weaken the immune system and are linked to an increased risk for cancer, aging, diabetes, and cardiovascular disease, and vitamin E as an antioxidant may help protect you from this oxidative process.[10]
- Beta-carotene is an antioxidant carotenoid compound, and it has been studied for its protective role against cancer and cardiovascular disease risk.[11,12]

Red colored fruits that support your immune health include:

- **Blood orange**
  - Beta-cryptoxanthin is an orange-red carotenoid found in high quantities in oranges, and it may help lower your risk of developing lung cancer.[13,14]
  - Oranges and other citrus fruits will yield more juice when they are warmer, so juice them at room temperature.[13]
  - If you are going to use orange zest in a recipe, use organic oranges because ones that are conventionally grown will have pesticide residues on their skin, and they may be artificially colored.[13]
- **Cranberries**
  - These antioxidant-rich berries may help raise your overall antioxidant potential and reduce the risk of oxidative stress, which may help improve parameters of metabolic syndrome, benefit your cardiovascular system, and even show benefits for urinary tract infections.[15,16,17]
  - Cranberries have their maximum amount of nutrients and taste when they are eaten fresh, and you can take advantage of their tartness by using them instead of vinegar or lemon in your salads.[18]
- **Pink grapefruit**
  - Grapefruit is rich in vitamin C, which supports your immune system, and may reduce symptoms or the severity of the common cold and acts as a powerful antioxidant to prevent free radical damage that can cause inflammation[19, 20, 21]
  - Pink and red grapefruits also are rich in the antioxidant lycopene, which may have anti-cancer activity.[22]
  - The skin of the grapefruit does not need to look perfect in that discoloration, scratches, or scales do not affect the taste or texture of the fruit. Pick those that are heavy for their size because this can indicate they have a higher concentration of juicer flesh inside. Avoid those with very rough or wrinkled skin.[23]



 

- **Raspberries**
  - Organic raspberries have higher total antioxidant capacity than non-organic raspberries. The riper berries are higher in antioxidants, and raspberries may help prevent cancer due to their antioxidant and anti-inflammatory properties.[24]
  - As a very perishable fruit, raspberries should only be bought a day or two before you plan to use them. Look for berries that are not under or over ripe that are plump, firm, and deeply colored.[24]
- **Strawberries**
  - Strawberries contain vitamin C and antioxidant carotenoids.[25]
  - Strawberries may help improve cognitive function due to their strong antioxidant and anti-inflammatory properties.[26]
  - Strawberries contain manganese, an important mineral that acts as a cofactor for antioxidant enzymes in your body.[27]
  - Medium-sized berries can be richer in flavor than larger ones. They are very perishable, so only purchase them a day or two before you plan to use them. Choose strawberries that are firm, plump, and have a shiny, deep red color with attached green caps.[28]
- **Watermelon**
  - The diverse range of phytonutrients in watermelon provides anti-inflammatory and antioxidant benefits, including flavonoids and carotenoids like lycopene.[29]
  - When buying a pre-cut watermelon, look for deep red flesh without white streaking, and if it has seeds, they should be deep colored or white. When buying a whole watermelon, the heavier the melon, the riper it is. Less ripened watermelon will appear shiny. When you tap it, the more hollow-sounding melons are riper. Make sure to wash your watermelon before cutting it.[30]
- **Red pears**
  - Pears contain flavanol epicatechins and quercetin, carotenoids like beta-carotene, and the red-skinned varieties contain anthocyanins, all of which have antioxidant and anti-inflammatory properties. Pears may also help improve insulin sensitivity in type 2 diabetics.[31,32]
  - Once pears ripen, they are very perishable, so purchase them unripe and give them a few days to mature. They should be firm but not too hard and have a smooth skin free of mold or bruises. The skin of pears contains dietary fiber and antioxidant and anti-inflammatory nutrients, so eating the entire pear is best. Once they are cut, they can brown fast. You can prevent this by adding a little bit of fresh lemon, lime, or orange juice to the flesh or your pears.[33]
- **Apples (Fuji, Pink Lady, Red Delicious)**



 

- Apple polyphenols help support the balance of bacteria in your lower digestive tract, and your gut bacteria are a major determinant of the health of your immune system.[34]
- Red apples contain anthocyanins, and apples in general contain flavanols like catechins, epicatechins, and procyanidins, as well as quercetin, all important antioxidant nutrients found both in the skin and flesh of the fruit, which may provide cardiovascular and anticancer benefits.[35]
- Select apples that are firm and rich in color, and you can expect this resilient fruit to stay fresh in your refrigerator for several weeks. Apple skin is nutrient rich, so consider leaving the skin on, even in baking recipes, and choose organic over non-organic to avoid issues with pesticide residues.[36]

Other red colored fruits to enjoy for their taste and health benefits include red currants, red plums, cherries, pomegranate, and nectarines.

Red colored vegetables that provide antioxidant nutrients to support your immune system and your root include:

- **Beets**
  - Beets contain phytonutrients called betalains, which give beets their red color, have been studied for their antioxidant and anti-inflammatory properties and for detoxification support.[37]
  - Buy beets that are small or medium in size, have firm roots, smooth skin, and a deep color, and avoid those that have spots, bruises, or soft, wet areas. The concentration of betalains in beets is depleted by heat, so cook your beets lightly, such as by quick steaming them for 15 minutes. Beets can be eaten cooked as well as raw. You can simply grate them and use them in salads or any other dish or soup.[38]
- **Red bell peppers**
  - Red bell peppers are rich in vitamin C and antioxidant carotenoids like lycopene, beta-carotene, and lutein. The phytonutrients found in bell peppers may be beneficial for lowering the risk of cardiovascular disease, eye issues, and diabetes.[39,40,41]
  - Buy peppers that have deep, vivid color, are heavy for their size, have fresh-looking green stems, and tight skin. Avoid those that have soft spots, dark spots, or blemishes. Unwashed peppers can keep in the vegetable compartment of your refrigerator for about 7 – 10 days, and keeping them refrigerated helps maintain their nutrient content because exposure to air, light, and heat can damage these nutrients.[42]
- **Red cabbage**



 

- Cabbage contains a variety of antioxidant compounds like flavonoids and phenols, and it may help prevent type 2 diabetes and decrease the risk of cardiovascular disease and cancer.[43,44]
- The anthocyanin antioxidants found in red cabbage give it a red-purple color and lend to the cardiovascular benefits of this cruciferous vegetable.[44]
- Cabbage also contains carotenoid antioxidant nutrients.[45]
- Choose heads of cabbage that are firm and dense, and have shiny, crisp, deep-colored leaves without cracks or bruises. Buying cabbage whole rather than halved or shredded can provide more vitamin C because its content of this antioxidant vitamin can be lost when cut. Both red and green cabbage will keep for about 2 weeks when stored in a vegetable bag in the crisper of your refrigerator.[46]

- **Red chard**
  - Red-purple-colored betalain pigments are found in Swiss chard and are responsible for its color variations, including that in red pigmented chard, and these pigments may provide antioxidant and anti-inflammatory activity.[47]
  - Chard found in a chilled display will have a sweeter taste. Choose chard with leaves that are vivid in color, not wilted, and without browning or yellowing, with stalks that are crisp without blemishes. Exposing chard to water before storing it can cause it to spoil sooner, so do not wash it first. Boiling your chard can free up the acids it contains as they will leach into the hot water, and this gives chard a sweeter taste.[48]
- **Red onion**
  - Onions are a rich source of dietary antioxidant flavonoids, and they contain vitamin C and quercetin, all potent antioxidant nutrients.[49]
  - They also contain manganese, a mineral that acts as a cofactor for antioxidant enzymes in your body.[27]
  - Store onions in a well-ventilated space at room temperature, out of the heat and bright light. They should be stored away from potatoes; otherwise, they may spoil more quickly.[50]
- **Red potatoes**
  - Potatoes contain vitamin C, an important antioxidant vitamin; manganese, an important mineral that is part of antioxidant enzymes in the body; and a variety of antioxidant phytonutrients.[27,51]
  - Potatoes should be firm, relatively smooth, well-shaped, without decay, and should not be sprouting or have green markings, which could indicate a toxic alkaloid called solanine. Store your potatoes in a burlap or paper bag in a dark, dry place with a cool temperature because warmer temperatures can cause sprouting



 

and dehydration. Do not store them in the refrigerator because this turns their starch content to sugar and interferes with their taste.[52]

- **Tomatoes and tomato-based products (vine-ripened, cherry, sun-dried tomato, tomato paste, tomato sauce, salsa)**
    - Tomatoes are rich in lycopene, a red pigmented carotenoid, that has antioxidant properties and may be beneficial against cancer risk.[53]
    - Tomatoes are rich in other antioxidant carotenoids like lutein, beta-carotene, and zeaxanthin; flavanol antioxidants like quercetin; and vitamins A, C, and E, as well as manganese.[54]
    - The antioxidant nutrients found in tomatoes may have benefits in reducing the risk of cardiovascular disease and cancer.[55,56]
    - Pick ripe tomatoes that are rich in color, well-shaped, smooth skinned, without cracks, bruises, wrinkles, or soft spots, and that smell sweet and yield to minor pressure. When cooking tomatoes, avoid using aluminum cookware because the high acid content of the tomatoes can interact with the metal cookware, and aluminum can leach into the food, which can lead to health risks.[57]

Radishes and red jalapeño peppers are examples of other red vegetables that support your root and immune system.

**RECIPES:**

**Red Whirl Smoothie**
Serves 1 to 2
2 cups frozen strawberries
1 cup frozen raspberries
1 cup unsweetened organic milk alternative (e.g., almond, coconut)
1 Tbsp bee pollen (optional)
Handful of ice cubes
Water as needed

Combine ingredients in a blender; fill to the top with ice cubes. Add in water, and blend until smooth.

**Earthy Chili**
Serves 3 to 4
2 Tbsp extra-virgin olive oil
1 medium onion, chopped
4 cloves garlic, minced
½ pound mushrooms, chopped
2 cups pinto or kidney beans, cooked
1 red bell pepper, chopped



 

2 cups cauliflower pieces
2 carrots, scrubbed and chopped
1 28-oz can plum tomatoes, with juice
2 Tbsp tomato paste
3 Tbsp red wine vinegar or red wine
1 cup tomato juice
1 Tbsp ground cumin
2 Tbsp chili powder
1 tsp paprika
Salt and pepper to taste

In a large soup pan, over medium heat, sauté onions and garlic in olive oil until onions become yellow and soft, about 5 minutes. Add mushrooms and sauté another 5 – 10 minutes. Stir in remaining ingredients and bring mixture to a boil. Reduce heat to simmer. Cover and cook, stirring occasionally, until vegetables are tender, about 50 minutes. Serve hot.

**Creamy Cold Tomato Soup**
Serves 3 to 4
1 cucumber, chopped
1 scallion, chopped
1 clove garlic
4 cups tomato juice, unsalted
1 red or green pepper, chopped
½ tsp oregano
1 cup plain organic yogurt
Sliced mushrooms or tomato chunks for garnish
Salt and pepper

Combine all ingredients (except yogurt and vegetable garnish) in small amounts in blender and blend until smooth. Whisk in yogurt. Chill several hours before serving, and garnish as desired with mushrooms or tomato. Add salt and pepper to taste.



 

# ORANGE FOODS AND YOUR REPRODUCTIVE SYSTEM

Your reproductive system is responsible for creation and growth. It is represented by the color orange and flow, which involves the exchange and manifestation of emotions and ideas. Through your flow, your emotions communicate with your hormones. In both males and females, the reproductive system is a collection of internal and external organs that work together for the purpose of procreation. There are a variety of problems that can occur when your reproductive system is not healthy. In women, uterine, ovarian, breast, and cervical cancer; problems with menstruation such as cramping, premenstrual syndrome, and irregular menses; and other issues can occur. In men, prostate, testicular, and penile cancer can result, and sexually transmitted diseases and infertility can affect any gender.[1]

Plant-based orange foods provide a source of beta-carotene, an orange pigment, and other carotenoids, which have potent antioxidant activity. Antioxidants can neutralize free radicals before they cause damage to cells in your body, including cells that make up the tissues of the organs in your reproductive system. Carotenoid compounds are fat-soluble antioxidants, which are stored under the skin and in the belly, areas where fat is found in your body. A layer of fatty tissue in your belly area, particularly in women, serves to protect the reproductive organs, such as the uterus, ovaries, and fallopian tubes, and a fetus during pregnancy.[2]

Consumption of beta-carotene has been linked to benefits for reproductive health for males and females. In males, oxidative stress, caused by excess production of damaging free radicals, can adversely affect sperm, and antioxidants like beta-carotene may help prevent this damage.[3] In women, beta-carotene may enhance ovarian function and the synthesis of progesterone.[4]

Did you know?

- Oxidative stress has been implicated as a factor in both male and female infertility.[5]
- A healthy diet rich in antioxidant nutrients, including beta-carotene, is associated with better quality semen in men.[6]
- The effects of dietary antioxidants, including beta-carotene, on ovarian eggs in women has been studied, and in an animal study, beta-carotene positively affected ovarian activity.[7,8]
- Dietary carotenoids play a role in successful fertilization.[6,7,8,9]

Orange-colored fruits that support your flow system, contain beta-carotene, and can help support a healthy reproductive system include:



 

- **Apricots**
  - Apricots are rich in a number of antioxidants, including beta-carotene, vitamins A and C, flavonoids, and quercetin, among others.[10,11]
  - Apricot season in the United States runs from May to August, and in the winter, they are imported from South America. Your apricots should be slightly soft when you select them, and fully ripened ones are the most antioxidant rich.[12]
- **Blood orange and oranges**
  - While oranges are known for their vitamin C content, they are also rich in beta-carotene.[13]
  - Thicker skinned oranges are harder to peel. To make it easier, cut a small section of the peel from one end of the orange, and you can peel the orange in a spiral fashion from there, or score it longitudinally from end to end and then peel off the sections. Make sure to wash the skin before peeling so any debris on the surface does not end up on the fruit.[14]
- **Cantaloupe**
  - Cantaloupe is a rich source of beta-carotene, along with other phytonutrient antioxidants.[15]
  - Riper melons are heavier and fuller feeling than they look. You can also gauge ripeness by tapping on the melon, and if it sounds dull and deep, that also can indicate a ripe cantaloupe. Look for the rind to be cream, yellow, or golden colored and not green or gray, and for the melon to have a fragrant scent. Keep your cut cantaloupe at room temperature for no more than two hours because there is a risk for contamination with microorganisms like E. coli 0157:H7.[15]
- **Papaya**
  - Papayas are rich in antioxidants including carotenoids, flavonoids, and vitamin C.[16,17]
  - The best way to enjoy your papaya is to eat them within a day of purchase, and choose fruits that have a reddish-orange skin that are slightly soft when you touch them. The black seeds are edible, have a peppery flavor, and can be chewed whole or added to anything you would add other seeds to.[19]

Other orange fruits that support your flow and your reproductive system include kumquat, mandarins, tangerines, mango, nectarines, passion fruit, peaches, and persimmons.

Orange colored vegetables that nourish your flow system and support a healthy reproductive system include:



 

- **Carrots**
  - Carrots are best known for their content of beta-carotene, and they contain other antioxidant nutrients as well, including vitamin C. Consuming these nutrients may help prevent cancer.[20,21]
  - Carrots should be firm, smooth, somewhat straight, and rich in color. The deeper the orange, the more beta-carotene they contain. Those that are cracked excessively, rubbery, or forked should be avoided, and if the green tops are attached, they should be bright colored and not wilted. Larger diameter carrots will have a sweeter taste, because the sugar in carrots is concentrated in the core.[22]
- **Orange bell pepper**
  - Bell peppers contain a variety of antioxidant compounds, including carotenoids like beta-carotene.[23]
  - Bell peppers are members of the nightshade (*Solanaceae*) family of plants along with tomatoes, potatoes, eggplant, and chili, jalapeño, and cayenne pepper.[24]
- **Pumpkin**
  - Pumpkin is classified as a winter squash, and the seeds make a great snack once you scoop them out, separate them from the pulp, and bake them on a cookie sheet to lightly roast them at about 160 – 170 degrees F for 15 – 20 minutes.[25]
  - Pumpkin contains water-soluble polysaccharides that have antioxidant activity.[26]
  - Pumpkin seeds are rich in linoleic acid, a healthful omega-6 polyunsaturated fatty acid, and oleic acid, the same monounsaturated fatty acid found in olive oil.[25,27]
- **Sweet potato and yam**
  - Orange fleshed sweet potatoes are one of the richest sources of beta-carotene among plant foods.[28]
  - Sweet potatoes are part of a different food family than yams or the common potato, and worldwide, there are about 200 commonly eaten species of yam. There is confusion in the United States between sweet potatoes and yams. They are completely different foods, from different plant families, and in the U.S., you most likely are purchasing sweet potatoes, even if the sign says yams.[29]

**RECIPES:**

Honeyed Papaya with Raw Coconut Flakes
Serves 1 to 2
1 ripe papaya
1 tsp honey
½ cup raw coconut flakes



 

Slice papaya in half, clean out seeds.

Drizzle 1 tsp honey over both halves. Sprinkle with raw coconut flakes and serve immediately.

**Pleasure Fruit Mix**
Serves 2 to 3
2 peaches, sliced
2 ripe bananas, diced
1 nectarine, sliced
1 blood orange, sectioned
1 mango, cut into thin slices
½ cup unsweetened shredded coconut
2 Tbsp lime or lemon juice
Mint sprig (optional)

Mix all ingredients except for lime/lemon juice in a large bowl. Drizzle lime or lemon juice over entire mixture. Cover and refrigerate or serve immediately. Place mint sprig on top.

**Flowing Ginger Mango Smoothie**
Serves 1 to 2
1 ripe mango, peeled and sliced
2 cups unsweetened coconut milk
2 Tbsp ground flaxseed meal
Pinch ground ginger

Blend all ingredients in blender until smooth. Serve immediately or freeze for 1 hour if you would like as a sorbet.



 

## YELLOW FOODS AND YOUR DIGESTION

During the process of digestion, nutrients are extracted from the foods you eat and are transformed into energy. Digestion is associated with yellow foods, which represent your fire. Fire also represents power, transformation, and energy, mirroring what is happening with digestion.

The digestive system includes your esophagus, stomach, pancreas, small intestines, liver, and gallbladder. The nutrients from foods you eat signal a transformation throughout your body known as metabolism. At the cellular level, this process takes place in your mitochondria inside your cells. Proper digestion allows for the absorption and assimilation of nutrients so your body can function and carry out the countless chemical reactions it needs to on an ongoing basis. Nutrients from foods you eat provide your body with the energy it needs to run, walk, eat, breathe, and read these words. When the process of digestion is impaired, nutrient imbalance and deficiency can result, leaving your body without the fuel it needs to function properly. Over time, there can be downstream effects of ill health.

Proper digestion requires gastric juices and digestive enzymes, and some fruits may help support these important components of digestion. Another cornerstone of healthy digestion involves keeping everything moving along, and this can be accomplished by including sources of soluble and insoluble fiber in your diet. Adequate intake of dietary fiber can provide health benefits such as lowered cholesterol levels and improved blood sugar control, in addition to normalization of bowel movements (resolve constipation and diarrhea), which aids in detoxification.[1]

Soluble fiber is found in foods like nuts, seeds, beans, lentils, and some fruits and vegetables.[2] It absorbs water and turns into a gel during digestion, slowing the digestive process down. This type of fiber is associated with lowering cholesterol levels.[1,2] Insoluble fiber can be found in foods such as wheat bran, vegetables, and whole grains.[2] It adds bulk to your stools and helps food pass more quickly through the digestive tract.[2]

Did you know?

- Dietary fiber refers to a variety of plant-based substances that are resistant to digestion by your gastrointestinal enzymes.[3]
- Research has found lower levels of daily fiber intake in patients with constipation-predominant irritable bowel syndrome.[4]



 

- Dietary fiber can help lower your risk for developing heart disease, diabetes, constipation, and colon cancer. It is important for the health of your digestive tract, and it can lower total and LDL cholesterol levels.[3,5]
- Your total daily fiber intake should be at least 25 – 30 grams per day from food sources, not supplements, and it is recommended that women consume 25 grams per day and men 38 grams per day.[5,6]

Yellow fruits that help your fire burn brightly and support your digestive system include:

- **Bananas**
  - Bananas contain soluble fiber.[7]
  - Bananas contain pectins and fructooligosaccharides (FOS). Pectins have been studied for their effects on blood sugar levels,[8] and FOS is a prebiotic that provides food for the healthy bacteria in your lower intestine.[9]
  - To speed up the ripening process, place your bananas in a paper bag or wrap them in newspaper; adding an apple will further accelerate the process.[10]
- **Grapefruit**
  - Pectin is a soluble fiber found in grapefruit, and it may help lower total and LDL cholesterol levels.[11]
  - Caution is warranted, however, if you take statin medications. If this is the case, consuming grapefruit or grapefruit juice may increase concentrations of statins in your bloodstream and cause adverse side effects.[12]
  - For a unique salsa, combine diced grapefruit with cilantro and chili peppers.[13]
- **Lemon**
  - Lemon juice may neutralize acid and act as an antacid to help restore natural gastric balance and function. It also may aid in digestion and soothe inflamed gastrointestinal mucosa.[14]
  - Lemons were originally developed as a cross between the lime and citron. Keep your lemons at room temperature, away from exposure to sunlight, for up to one week. If you do not use them within this timeframe, you can refrigerate them, where they will keep for up to four weeks.[15]
- **Pineapple**
  - Pineapple contains bromelain, a proteolytic substance that breaks down proteins, and it therefore can aid in digestion.[16]
  - Pineapples are very perishable. Look for pineapples that are heavy for their size, free of soft spots, bruises, and darkened areas, and they should have a fragrant, sweet smell at the stem. You can keep your pineapple at room temperature for up to 2 days before eating



 

it; however, after that time, you'll want to make sure to wrap it tightly and refrigerate it, where it can keep for 3 to 5 days. A cut pineapple should be refrigerated in an airtight container to keep it fresh.[17]

- **Plantains**
  - Plantains are in the same family as bananas; however, they are starchier and lower in sugar and may contain more beta-carotene than bananas do.[18]
  - Plantains contain fiber and can therefore increase stool frequency in those with constipation.[19]

Yellow vegetables that support your fire and digestion include:

- **Corn**
  - Corn is a good source of dietary fiber, which can promote healthy gut function and other health benefits, including a decreased risk for cardiovascular disease and risk factors associated with it.[20,21]
  - Select organic corn that has not been exposed to excess heat because this can increase the possibility of contamination with microbes, so make sure to find your corn in a refrigerated produce bin. Store your corn in airtight containers or wrap it tightly in the refrigerator if you are not going to eat it the day you purchase it, which is when it is at its peak of sweetness.[22]
- **Garbanzo beans**
  - Those who consume chickpeas or hummus may have higher intakes of dietary fiber, polyunsaturated fatty acids, vitamins A, C, and E, folate, potassium, magnesium, and iron compared to those who do not consume them.[23]
  - Eating chickpeas may improve overall bowel health by increasing stool frequency and softening stool consistency.[23]
  - Research has shown beneficial effects on total and LDL cholesterol levels with the consumption of garbanzo beans.[23]
  - Dried garbanzos should have no evidence of moisture or insect damage when you purchase them, and they should be whole, not cracked. If you are purchasing chickpea flour, make sure it is made from cooked beans because in their raw form, they can be hard to digest and can cause stomach problems like flatulence.[24]
- **Ginger**
  - Ginger may help with symptoms of nausea and vomiting, promote gastric emptying, and protect against peptic ulcers.[25,26,27]
  - When purchasing fresh ginger, make sure the root is firm, free of mold, and smooth. Unpeeled fresh ginger can be stored in the refrigerator for up to three weeks and in the freezer for up to six months.[28]



 

- **Lentils**
  - Lentils are members of the legume family, and they are a good source of dietary fiber.[29]
  - The fiber in lentils may help improve symptoms of irritable bowel syndrome.[30]
  - If you purchase your lentils from the bulk section, as is the case with other foods purchased from the bulk section, make sure the bins are covered, that there is good product turnover so you know they are fresh, and that there is no evidence of moisture or insect damage. Lentils should not be cracked or broken. Store them in an airtight container in a cool, dark, and dry place, and this way they can keep for up to 12 months.[31]
- **Yellow split peas**
  - Like other legumes, split peas are a rich fiber source. Dried peas will stay for several months when you store them in an airtight container and in a cool, dark, and dry place. For longer term storage, you can keep them in the refirigerator.[32]
- **Yellow summer squash**
  - Summer squash is a good source of dietary fiber.[33]
  - Summer squash is part of a large family of plants known as the gourd family, along with winter squashes and melons. Squash should be heavy for their size, shiny, and blemish free, and the rinds should not be very hard, which indicates they may be overripe. Larger squash may be more fibrous, and smaller ones may be lower in flavor, so select summer squash that is an average size.[34]
- **Yukon gold potatoes**
  - One baked potato has about 3 grams of fiber, most of which is in the skin, so be sure to eat the skin too if you want all the cancer protecting, cardiovascular, and digestive benefits fiber can offer.[35,36,37,38]
  - It is better to buy potatoes individually rather than packaged in a plastic bag, so you can inspect the potatoes for signs of rot and damage, and often the plastic bags they are in cause a buildup of moisture, adversely affecting the potatoes.[39]
  - Look for well-shaped, firm, and relatively smooth potatoes that are decay free, and they should not have sprouting or green discoloration on them, which may indicate the presence of toxic compounds that can make you sick.[39]

Examples of other yellow vegetables that support your fire and digestion include yellow bell peppers and yellow string beans.

Whole grains can also support digestion and your yellow fire.



 

- Whole grains are a good source of dietary fiber, and fiber intake is associated with a variety of health benefits such as regulating the gut microbiota, a lower risk of cardiovascular disease, and it is beneficial in cancer.[40,41,42,43]
- In the United States, average daily intake of fiber is only 15 grams per day.[40]

Amaranth, brown rice, corn meal, millet, polenta, quinoa, whole grain breads, and whole grain cereals are options that are fiber and nutrient rich and can help support proper digestion and your fire.

RECIPES:

**Mixed Muesli**
Serves 2 to 4
1 cup unsweetened puffed rice cereal (e.g., Perky's brand)
½ cup crispy brown rice
⅛ cup oat bran
⅛ cup flaxseeds
⅛ cup unsweetened shredded coconut
¼ cup sliced almonds
⅛ cup chopped pecans
⅛ cup pumpkin seeds
¼ cup raisins
¼ cup honey
¼ cup clarified butter (ghee), melted

Mix all ingredients together in a large mixing bowl. Spread contents flat on cookie sheet. Bake at 375°F for 20 minutes or until slightly browned. Store at room temperature in a glass jar. Use as a portable snack or cereal.

**Fiery Curry Lentil Soup**
Serves 6
4 large garlic cloves, peeled and finely chopped
2 medium yellow onions, finely diced
1 Tbsp extra-virgin olive oil
2 cups brown and/or yellow lentils
10 cups vegetable or chicken broth
1 cup of fresh corn pieces
3 – 4 carrots, sliced
3 large yellow potatoes, cut into 1-inch cubes
¼ tsp cumin



 

2 tsp curry
Dash sea salt

In a small saucepan, heat garlic and onions in olive oil over medium heat until soft. Wash lentils thoroughly. In a large stock pot, add broth and all other ingredients, including the sautéed garlic and onions. Simmer and stir occasionally for at least one hour. Serve warm. Freeze unused portions.

**Brown Rice with Yellow Vegetables and Sesame/Tamari Dressing**
Serves 2
1 cup whole grain (short or long grain) organic brown rice (for a nuttier texture, choose short grain)
2 ½ cups water
2 Tbsp sesame seeds, toasted
3 Tbsp rice vinegar
2 Tbsp tamari sauce
1 Tbsp toasted sesame oil
4 tsp minced fresh ginger
2 garlic gloves, minced or pressed
2 tsp honey
1 cup cubed yellow squash
1 cup diced yellow bell pepper
½ cup chopped scallions

Combine rice with water in medium saucepan. Bring to a simmer over medium-high heat. Reduce heat to low and simmer, covered, until rice is tender and water has been absorbed, 30 – 35 minutes. Fluff with fork and transfer to large bowl. Alternately, cook rice in rice cooker. While rice is cooking, toast sesame seeds in small dry skillet over medium-low heat, stirring constantly until golden and fragrant, about 3 minutes. Cool in small bowl. Whisk together vinegar, tamari sauce, oil, ginger, garlic, and honey in another small bowl. Add this mixture to rice when cooled and toss to coat well. Add yellow squash, yellow bell pepper, and scallions, and toss to coat. Sprinkle with sesame seeds before serving.



 

## GREEN FOODS AND YOUR HEART

The color green is associated with love and, therefore, primarily the heart and lungs, which are part of your circulatory or cardiovascular system. When healthy, your cardiovascular system functions to circulate blood, nutrients, oxygen, carbon dioxide, and hormones between cells in your body where they are needed to carry out a wide variety of biochemical functions.

Cardiovascular disease includes a number of problems and can be related to hardening of the arteries, known as atherosclerosis; heart attack, when blood flow to part of the heart is blocked by a blood clot; heart failure, when your heart is not pumping as well as it should; arrhythmia, abnormal heart rhythm; and heart valve problems, when heart valves do not open as much as they should to allow adequate blood flow, known as stenosis, and when the heart valves do not close properly and blood leaks through, known as regurgitation.[1]

Green plant foods contain vitamin K, folate, a variety of antioxidant nutrients, and fiber, all of which have the ability to nourish and benefit your cardiovascular system.

Did you know?

- Vitamin K plays an important role in blood clotting and can prevent excess bleeding if you have an injury or accident, and it also may inhibit hardening of your arteries, which can lead to cardiovascular disease.[2,3]
- Folate plays an important role in protecting your heart because it can help lower levels of homocysteine, an amino acid that when elevated can damage blood vessels. Folate deficiency, and elevated levels of homocysteine, also can indicate an increased risk for cardiovascular disease.[4,5]
- Antioxidant nutrients can help combat oxidative stress, which can lead to inflammation and chronic conditions such as cardiovascular disease.[6]
- Dietary fiber can help lower total and LDL cholesterol and, therefore, may have beneficial effects for cardiovascular health.[7]
- Eating leafy green and cruciferous vegetables may reduce the incidence of several types of cardiovascular disease.[8]
- Evidence from scientific studies is convincing that increasing your intake of vegetables and fruit can reduce your risk for hypertension, coronary heart disease, and stroke.[9]

Leafy greens that help to nourish your cardiovascular and love system include:

- **Bok choy**



 

- Bok choy is rich in a variety of antioxidant nutrients, including carotenoids, and carotenoid intake is associated with a decreased risk for cardiovascular disease.[10]
- Bok choy is a Chinese cabbage, classified as a cruciferous vegetable, and higher intake of cruciferous vegetables is associated with a lower risk of atherosclerotic vascular disease.[11]
- When selecting your bok choy, it should be firm with bright green leaves, and moist, hardy stems. Warm temperatures can cause it to wilt and will negatively impact its flavor. Peak season for bok choy is the middle of winter through the beginning of spring.[12]

- **Chard (rainbow, red)**
  - Green leafy vegetables, like Swiss chard, contain antioxidant phenolic compounds, which may positively effect cardiometabolic risk factors.[13]
  - Flavonoid antioxidants can be found in chard, in particular one called vitexin, which may exert cardioprotective effects.[14,15]
  - The stalks of chard can be found in a rainbow of colors, even though most chard leaves are a rich shade of green. There is a similarity between Swiss chard and beet greens, in that both belong to the same food family, genus, and species; however, chard does not form a root bulb like beets do.[16]
- **Collard greens**
  - Dark leafy greens, such as collard greens, are a rich source of folate, and folate intake is associated with lower levels of homocysteine and a lower risk for cardiovascular disease.[17]
  - Collard greens, a cruciferous vegetable, contain glucobrassicin, which can be converted to a molecule called I3C, or indole-3-carbinol, an anti-inflammatory compound that may be protective against cancer and may provide benefits for your cardiovascular system.[18,19]
  - Select collard greens that have firm, unwilted leaves and a vivid green color without yellowing or browning. Store your collard greens in a bag, remove the air from the bag as much as you can, and keep them in the refrigerator where they will remain fresh for about three to five days.[20]
- **Kale**
  - Kale is a cruciferous vegetable and a rich source of health-promoting nutrients including carotenoids, glucosinolates, and phenolic compounds, all of which can provide antioxidant activity.[13,21]
  - Kale contains vitamin K, an important nutrient that helps support your cardiovascular system.[2,3,22]



 

- Kale is a good source of dietary fiber, and dietary fiber can lower your cholesterol levels because it can bind with bile acids. Steamed kale may be more effective for obtaining these results.[23]
- There are three types of kale you may find in your local supermarket including that with a flatter, wider leaf; darker kale; and a more tightly formed, curly leaf kale. All forms of kale can provide you with health benefits.[24]

- **Mustard greens**
  - Mustard greens, a cruciferous vegetable, contain sulforaphane, a compound found in cruciferous vegetables that has cardioprotective activity.[25]
  - Mustard greens are a rich source of phenolic antioxidants.[21]
  - Like other dark leafy green vegetables, mustard greens contain vitamin K and folate, cardiovascular-protective nutrients.[2,3,17]
  - Steamed mustard greens may provide more cholesterol-lowering activity compared to their raw form.[23]
  - When selecting your mustard greens, they should be blemish free, free of yellowing or brown spots, and they should appear fresh, crisp, and a colorful shade of green. To help maintain nutrient density, when cooking your mustard greens, consider minimizing heat exposure and cooking duration, such as in quick steaming.[26]
- **Romaine**
  - Romaine is a good source of vitamin K and folate, important nutrients for your cardiovascular health.[2,3,4,5]
  - When selecting romaine, as well as other forms of lettuce, it should be crisp looking, unwilted, and free of dark or slimy spots. The heads should be compact, and the stems should not be overly brown.[27]
- **Spinach**
  - Spinach contains phenolic antioxidant compounds, which have free-radical scavenging properties, and can be protective against inflammation and a variety of chronic diseases, including cardiovascular disease.[28,29]
  - Spinach is a rich source of nitrates, which may have beneficial effects on blood vessels, may lower blood pressure, and benefit cardiovascular health.[30]
  - Spinach is a good source of folate and vitamin K, which may benefit your cardiovascular system. [2,3,4,5]
  - Select spinach that has vibrant deep green colored leaves that are fresh and tender, without wilting or bruising, and stems free of yellowing. Exposure to water can lead to spoilage, so do not wash your spinach before storing it.[31]



 

Other leafy greens that support your heart and your love system include arugula, dandelion, mixed greens, sprouts of all kinds, and watercress.

Fruits that support your heart and your love system include:

- **Avocado**
  - Avocados are rich in a variety of essential nutrients and important phytochemicals, and including them in your diet can support cardiovascular health.[32]
  - Avocados are a good source of vitamin K, folate, dietary fiber, a variety of antioxidant nutrients, and heart healthy fats, all of which can benefit your cardiovascular system.[32]
  - Dietary intake of avocados is associated with improved overall diet quality, better nutrient intake, and a lower risk for metabolic syndrome.[33]
  - Avocados that are ripe and ready to eat are slightly soft and should be free of dark, sunken spots or cracks. A firmer avocado can be ripened in a paper bag or fruit basket at room temperature within a few days, and they should not be refrigerated until they are ripe. Once they are ripe, they will keep in the refrigerator for about a week.[34]
- **Green grapes**
  - Grapes, and wine, have been extensively studied for their health benefits related to cardiovascular, cerebrovascular, and peripheral vascular health, and the primary components responsible for these effects are antioxidant compounds.[35]
  - Grapes contain a variety of micronutrients, including magnesium and potassium.[36] A diet containing more magnesium, due to a greater intake of fruits and vegetables, such as the Dietary Approach to Stop Hypertension (DASH) diet, may be associated with lower blood pressure.[37] Increasing potassium intake can reduce blood pressure levels and is associated with lower risk of stroke.[38] Potassium plays an important role in maintaining cardiovascular health.[39]
  - The skin of grapes has a greater concentration of antioxidants than the flesh does; however, there are benefits from eating both. Fully ripe grapes, which are plump, firmly attached to the stems, and wrinkle free, will have the best taste and the highest concentration of antioxidants. Grapes will spoil and ferment at room temperature, so they should always be kept in the refrigerator.[40]
- **Honeydew melon**
  - Melons like honeydew contain polyphenols that provide antioxidant and anti-inflammatory activity and, thus, may provide protection against cardiovascular disease.[21,41]



 

- Finding a ripe melon to purchase can be challenging because they are often picked while unripe so they make it through the shipping process undamaged. Pick a melon that feels fuller and heavier than it looks, which can indicate a riper melon.[41]
- Regardless of whether or not a melon is ripe or unripe when you purchase it, it should not be washed as long as it is whole and uncut because no matter how well you dry it, the surface may absorb moisture, which can decrease the shelf life of the melon and increase the chance for mold to develop. Wait to wash your melon until you plan to cut and eat it.[41]

- **Kiwi**
  - Kiwifruit contains high quantities of vitamin C, vitamin E, and polyphenols, all cardioprotective nutrients.[42]
  - Kiwi contains antioxidants that may protect DNA in human cells from oxidative stress.[43]
  - Kiwifruit contains dietary fiber, which can lower cholesterol levels and help protect your heart.[23]
  - Select your kiwi by holding it between your thumb and forefinger and applying gentle pressure. Those with the sweetest taste will gently yield to the pressure. Avoid purchasing kiwi that are very soft, wrinkled, or have damaged spots or bruises.[44]
- **Pear**
  - Pears contain a wide variety of antioxidant nutrients, including phenols, flavonoids, and anthocyanins, which can support cardiovascular health.[45,46]
  - Fiber in pears can bind bile acids, lower cholesterol levels, and lower your risk for coronary heart disease.[46]
  - Pears are very perishable once they are ripe, so often those you find at your grocery store will be unripe. To ripen them faster, place your pears in a paper bag and keep them at room temperature. If you do not eat your pears as soon as they are ripe, you can store them in the refrigerator where they will keep fresh for a few more days.[47]

Legumes that contribute to the balance of your love system and support your cardiovascular system include:

- **Green beans**
  - Green beans are a legume, supply protein to your diet, are a good source of fiber, and contain phenolic compounds.[48]
  - The phytochemicals in green beans and other legumes can protect you from coronary heart disease, diabetes, high blood pressure, and inflammation.[48]



 

- The best way to purchase green beans is to buy them loose so you can sort through them, and select those that have a smooth feel and are a vibrant color of green. They should be free of bruises and brown spots and have a firm texture. Store your unwashed beans in a vegetable bag in the refrigerator, and whole beans can keep this way for up to seven days.[49]

- **Green split peas**
  - Legumes like dried peas can add fiber, protein, and antioxidant polyphenols to your diet.[48]
  - Dried peas are a good source of potassium, which may help lower blood pressure and protect your heart.[38,39]
  - A wide variety of phytochemicals found in dried peas may be cardioprotective, lower your blood pressure, and lower levels of inflammation.[48]
  - Dried peas will keep for several months when stored in an airtight container in a cool, dark, and dry place, and keeping them refrigerated will increase their shelf life even longer.[50]
- **Soybeans (edamame)**
  - Soybeans are legumes, and they contain genistein, a phytoestrogen compound, which may provide protection against cardiovascular disease.[51]
  - Fermented soybean products contain phenolic antioxidant compounds that may be protective against cardiovascular disease and cancer.[52]
  - Soy protein may be associated with improved lipoprotein risk factors for coronary heart disease.[53]
  - When consuming soy products, eat them in their whole food form, and consider fermented versions such as fermented tofu, soy miso, and tempeh. Genetically modified soybeans make up 90% of the market in the United States, so select organically grown soy products to avoid GMO.[54]

Another vegetable that supports your heart and your love system is green northern beans.

RECIPES:

**Flax/Zucchini Muffins of Joy**
Yields about 6 muffins
1 ½ cups brown rice flour
1 cup flaxseed meal
2 tsp baking soda
1 tsp baking powder
½ tsp sea salt



 

2 tsp cinnamon
½ tsp cardamom
½ cup raisins
1 cup pecans, chopped
1 ½ cups zucchini, shredded
1 cup honey
¾ cup unsweetened alternative milk (e.g., almond, coconut)
2 eggs, beaten
1 tsp vanilla

In a large bowl, mix together dry ingredients (flour, flaxseed meal, baking soda, baking powder, sea salt, cinnamon, cardamom, raisins, pecans). In a separate bowl, combine zucchini, honey, milk alternative, beaten eggs, and vanilla. Pour combined liquid ingredients into dry-ingredient mixture. Stir by hand until ingredients are moistened. Grease medium-sized muffin pan with organic coconut oil. Fill each muffin well about ¾ full with batter. Bake at 375°F for 15 – 20 minutes or until slightly browned. Allow to cool before eating. Stores well in the freezer.

**The Heart Salad**
Serves 3 to 4
1 bag fresh organic spinach leaves (10 – 12 oz)
1 ripe avocado, diced into cubes
1 cup broccoli sprouts
1 tsp fresh dill
½ cup strawberries, sliced in half (to resemble heart shape)
½ cup toasted slivered almonds
Dash sea salt and pepper

Dressing:
¼ cup flaxseed oil
¼ cup extra-virgin olive oil
¼ cup balsamic vinegar

Wash spinach leaves and put into large serving bowl. Add avocado cubes, broccoli sprouts, and dill, and lightly mix throughout. Top with strawberries and almonds. Combine dressing ingredients in shaker cup. Before serving, drizzle salad with dressing. Add salt and pepper to taste.

**Heart-Warming Brussels Sprouts**
Serves 2 to 3
1 lb fresh Brussels sprouts, washed and cut in half
1 small yellow onion, peeled and chopped
2 Tbsp clarified butter (ghee)



 

Dash sea salt and pepper
2 Tbsp freshly grated Parmesan cheese (optional)

Steam Brussels sprouts for 2 – 3 minutes or until bright green and tender. Sauté onions in 1 tablespoon ghee until they become translucent. Add steamed Brussels sprouts and the remaining ghee. Toss, sprinkle with salt and pepper to taste, and cook on medium-high heat until Brussels sprouts turn slightly brown. Remove from heat, put into serving dish. Sprinkle top with grated Parmesan cheese.

## AQUAMARINE FOODS AND YOUR THYROID

Your thyroid gland is associated with the truth and the color aquamarine. The truth system represents your throat and the anatomy around it and is where your thyroid gland is found. Your thyroid gland releases hormones that affect most organs in your body. They also impact your metabolism, breathing, heart rate, nervous system, weight, body temperature, energy levels, and more. When levels of these hormones are low, your body's processes can slow down, and weight gain, depression, constipation, fatigue, and other symptoms can occur. When levels are high, your body's processes speed up, leading to anxiety, excess sweating, weight loss, insomnia, and other symptoms.[1]

Sea vegetables (plants derived from the sea) can provide nourishment for the thyroid gland. They are rich in minerals like iodine. Iodine is necessary for your thyroid gland to function properly and, therefore, can help support the regulation of your metabolism. When you do not have adequate iodine in your diet, goiter, which is an enlargement of your thyroid gland, can occur.[1]

Did you know?

- Iodine is a trace element found mostly in soil and water of coastal areas.[2]
- Main dietary sources of iodine are seaweed and seafood. [2]
- In most countries, salt fortification programs are needed to make sure iodine intake is sufficient, and this strategy is effective for preventing health problems related to iodine deficiency.[3,4]
- Primary concerns of iodine deficiency include goiter, neurocognitive impairment, and hypothyroidism leading to cretinism (which can result in severely stunted physical and mental growth) in severe cases of maternal deficiency.[2]
- Sea vegetables, like seaweed or edible algae, are a unique and rich source of iodine, and dried iodine contents range from around 16 ug/g in nori to more than 8,000 ug/g in kelp flakes. Japanese kombu contains about 2,353 ug/g, and wakame about 42 ug/g. [5]
- Seaweed is not a typical component of the Western diet, unlike on the coast of many countries. It has been a staple in the Japanese diet for centuries where it has been linked to a reduced risk of hyperlipidemia, coronary heart disease, and metabolic syndrome, among other health benefits.[6]

Sea vegetables that are most commonly eaten include nori, hijiki, wakame, arame, and kombu, all of which are Japanese. Dulse is of Gaelic origin.[7]

Sea vegetables are foods that represent the truth, the color aquamarine, and support your thyroid gland. Examples include:

- Nori—famous for its role in making sushi rolls.[7]
- Agar—a red algae.[7]
- Dulse—soft and chewy texture and reddish-brown in color.[7]
- Hijiki—which resembles small strands of black wiry pasta and has a strong flavor.[7]
- Arame—a wiry, lacy sea vegetable that has a sweet, mild taste.[7]
- Kelp—light brown to dark green and is often available in the form of flakes.[7]
- Select sea vegetables sold in tightly sealed packages, and avoid those that appear to have excessive moisture. They are sold in a variety of forms, including sheets, flakes, or powders. Many varieties need to be soaked for 5 – 10 minutes before adding them to your meal, so make sure to follow the directions on the package. No cooking is required.[7]

**RECIPES:**

**Sea Plant Veggies**
Serves 2
1 cup dulse, soaked and sliced into bite-sized bits
1 cup shredded carrots
1 cup alfalfa sprouts
3 red radishes, sliced
1 tsp sesame oil
1 Tbsp sesame seeds
Pinch of sea salt

In mixing bowl, combine all ingredients. Serve cold.

**Vegetable Nori Rolls**
Makes 6 rolls
2 cups cooked brown rice
2 Tbsp rice vinegar
6 sheets pressed nori

Filling:
¼ cup grated cucumber
¼ cup alfalfa sprouts
¼ cup purple cabbage
1 tsp wheat-free tamari or soy sauce



 

1 tsp sesame seeds

Combine all ingredients for filling, and set aside.

Mix vinegar into rice. Place a single sheet of nori on a heavy cloth napkin to facilitate rolling. Spread ½ cup rice over the sheet, leaving about a 1- to 2-inch edge. Put ¼ cup of filling down the middle on the flattened rice. Roll the nori. Eat as long nori stick, or cut to 1-inch pieces.

**Sea Slaw**
Serves 2 to 3
1 small red cabbage, grated or chopped
1 small green cabbage, grated or chopped
2 carrots, grated
1 cup dulse, soaked and sliced
2 Tbsp orange juice
½ cup apple cider vinegar
1 Tbsp caraway seeds
Sea salt and fresh ground pepper to taste

Combine ingredients and serve cold.

**Rainbow Salad with Mung Bean Stew**
Serves 1
Rainbow Salad:
½ red bell pepper, diced
1 carrot, sliced in rounds
½ small yellow squash, sliced
1 cup baby kale
¼ cup finely sliced red cabbage
5 walnut halves, chopped
1 tsp sesame seeds
Freshly ground black pepper to taste

For the Dressing:
2 Tbsp freshly squeezed lemon juice
1½ Tbsp extra-virgin olive oil
¼ tsp minced fresh ginger
¾ tsp honey
Pinch of ground cayenne pepper
Pinch of sea salt

In a serving bowl, toss together the bell pepper, carrot, squash, kale, cabbage, walnuts, and sesame seeds, and season with black pepper to taste. In a small



 

bowl, whisk together all the dressing ingredients, then pour the dressing over the salad.

**Mung Bean Stew to serve with the salad:**
Serves 2
1½ cups cooked mung beans

Broth:
2/3 cup unsweetened, full-fat coconut milk
3 cups organic vegetable broth
1 Tbsp freshly squeezed lime juice
2 tsp grated or minced fresh ginger
2 carrots, sliced into bite-size strips
3-inch piece fresh lemongrass
2 cups chopped cauliflower
1/2 tsp Thai green curry paste
4 fresh basil leaves, chopped
Sea salt and freshly ground black pepper to taste

In a large saucepan set over medium-high heat, combine the mung beans with the coconut milk, broth, lime juice, ginger, carrots, lemongrass, cauliflower, and curry paste. Bring the mixture to a quick boil, then reduce the heat, gently simmering for about 10 to 15 minutes or until the beans are cooked through. Top the soup with the chopped basil, and season it with salt and pepper to taste.

# BLUE AND PURPLE FOODS AND YOUR BRAIN

The colors blue and purple represent your insight, which includes your brain and the thoughts it oversees. Your brain is the center of your nervous system, it maintains centralized control over the other organs in your body, and it regulates sensory information and muscle activity. Your brain also controls the secretion of hormones, which act as chemical messengers allowing different parts of your body to communicate with each other. A healthy brain allows you to make sense of the world, remember, learn, play, and focus. It also allows you to manage information, use judgment, and maintain logic and perspective.[1] When your brain health is impaired, you can experience mood imbalances such as depression and anxiety; problems with cognition, focus, and memory; and issues with movement of every muscle in your body.[2,3,4,5]

Blue and purple plant foods are rich in antioxidants, in particular those that act to protect the brain and nervous system from oxidative stress and inflammation, caused by free radical damage. Anthocyanins are blue-purple pigments found in plant foods which are antioxidant flavonoids, and they can cross the blood-brain barrier to exert their benefits on brain cells.[6,7]

Did you know?

- Anthocyanins are members of the flavonoid family of phytochemicals, and they may improve vascular function, blood flow, and cognitive function.[8]
- Consuming blueberries and strawberries is associated with a slower risk of cognitive decline, and blueberry intake is associated with benefits in memory.[9,10]
- Anthocyanins may help maintain thinking and memory by reducing inflammation, and by inhibiting DNA damage in the brain.[11]
- Blueberry juice contains polyphenols and anthocyanins and may act as a potent antioxidant to help protect your brain against oxidative stress and the damage it can cause.[12]

Blue and purple fruits that support your insight and your brain health include:

- **Purple grapes and raisins**
  - Grapes and grape juice are rich in phytonutrients including flavonoid compounds, which are potent antioxidants and may protect against oxidative stress to reduce the risk of free radical damage and chronic disease.[13]
  - Grape juice is an important source of dietary polyphenols like quercetin, which may counteract oxidative stress and protect your brain.[14,15]



 

- Grape seed procyanidin extract may help reduce levels of oxidative stress in ischemic stroke.[16]
- Red grapes and red wine are rich in resveratrol, an antioxidant polyphenol that has been widely studied for its neuroprotective effects, including in Alzheimer's disease.[17]
- Higher intake of antioxidant-rich foods like Concord grapes and berries may enhance cognitive and motor function.[18]
- Raisins are made by dehydrating grapes; however, they are not a substitute for grapes because dehydration reduces their water content and increases their sugar content, adversely affecting their nutrient profile.[19]

- **Blueberries**
  - Adding blueberries to your diet (about 1 cup of fresh blueberries) may help improve some aspects of cognitition.[20]
  - Phytochemicals found in antioxidant-rich foods like blueberries may serve to help reverse the course of neuronal and behavioral aging.[21]
  - Select blueberries that are firm and uniform in color. When you shake the container, the berries should move around freely. They should be free of moisture, which can cause them to spoil.[22]
  - When buying frozen blueberries, shake the bag to make sure the berries are not clumped because this could indicate they were thawed and frozen again.[22]
- **Figs**
  - Figs are a good source of potassium, vitamin B6, and manganese, all of which support brain health.[23]
  - Increased intake of fruit and vegetables, rich sources of dietary potassium, may help decrease stroke risk.[24]
  - Vitamin B6 is important for the synthesis of neurotransmitters like serotonin and dopamine.[25]
  - Manganese is a cofactor for enzymes in the brain that convert glutamate, an excitotoxic neurotransmitter, to glutamine, an amino acid that plays a variety of beneficial roles in your body.[26,27]
  - Fresh figs are one of the most perishable fruits, so they should be purchased a day or two before you plan to eat them, and select those with rich deep color that are tender and plump. Figs also contain antioxidant nutrients, and fully ripened figs have the greatest concentrations of these brain-protecting nutrients.[23]
- **Plums**
  - Plums, and their dried counterpart, prunes, contain phenol compounds like neochlorogenic and chlorogenic acid.[28]
  - Neochlorogenic acid may inhibit inflammation in the brain.[29]
  - Chlorogenic acid has antioxidant activity and can cross the blood-brain barrier to exert its neuroprotective effects on the brain.[30]



 

- Ripe plums will yield to gentle pressure when you touch them, are slightly soft at their tip, and rich in color. If your plums need ripening, keep them at room temperature, where they will ripen quickly. Once they are ripe, you can store them in the refrigerator for a few more days.[28]

Blackberries, boysenberries, and marionberries are other blue-purple fruits that can support your insight and, therefore, the health of your brain.

Blue and purple vegetables that can support your brain health and your insight system include:

- **Eggplant**
  - Eggplant contains anthocyanin antioxidants, including nasunin, a potent scavenger of hydroxyl radicals, which are highly reactive and can cause damage to cell membranes, including brain cell membranes. Nasunin is also an iron chelator, and this is important because excess iron can cause free radical production and lead to oxidative stress.[31]
  - The pulp of eggplant is a rich source of polyphenol and flavonoid antioxidants.[32]
  - Purchase eggplants that are firm and heavy for their size, with smooth, shiny skin and vivid color, free of blemishes, bruises, and discoloration. A ripe eggplant will spring back when you gently press on the skin. Eggplants are very perishable, so store your uncut and unwashed eggplant in a bag in the refrigerator where it can keep for a few days, and this will also help the vegetable retain its nutrient richness.[33]
- **Purple cabbage**
  - Cabbage contains phenolic and flavonoid antioxidant compounds, and fresh and pickled red cabbages are rich sources of flavonoids.[34]
  - Raw and pickled cabbages are good sources of vitamin C, an important antioxidant vitamin.[34]
  - Cyanidin is a main contributor to the antioxidant activity of red cabbage.[34]
  - Red-purple cabbage contains anthocyanins, powerful antioxidant and anti-inflammatory pigments that are beneficial for brain health.[35]
  - Boiling your cabbage for 5 minutes can preserve anthocyanin levels better compared to 5-minute steaming and 5-minute microwaving; however, to preserve vitamin C levels, steaming is preferred. Fermenting raw cabbage may provide health benefits that cooking cannot because cabbage fermentation leads to the formation of



 

ascorbigen, which may increase antioxidant capacity. There are benefits to consuming cabbage raw too.[36]

- **Purple kale**
  - Purple-stem Chinese kale may contain more health-promoting compounds than other varieties, including higher levels of phenolic acids and flavonoids compared to green-stem kale, and purple kale contains anthocyanin pigments, giving it its rich color.[37,38]
  - Kale thrives during cooler seasons, and it can grow wild, especially in countries along the Mediterranean Sea. The flavor of kale varies from bitter or peppery to plain and even slightly sweet. While the most common leaf color of kale is green, it can vary and be lavender to dark purple, and green leaf kale may also have purple stems and veins.[39]
- **Purple potatoes**
  - Purple potatoes are a good source of antioxidant nutrients like vitamin C and anthocyanins.[40]
  - Potatoes as a whole food contain a variety of antioxidant nutrients, including phenols and flavonoids, which can benefit brain health.[41,42,43]
  - Potatoes are rich in vitamin B6, which plays a role in brain cell and nervous system activity, where it is involved in the production of neurotransmitters like serotonin and dopamine.[25]

**RECIPES:**

**Green Tea/Berry Freeze**
Serves 2
1 cup water
2 green tea bags
2 cups frozen mixed berries (blueberries, raspberries, blackberries)
1 ½ cups organic coconut milk
¼ cup pomegranate juice

Boil water and add to tea bags. Steep for 5 minutes. In the meantime, combine mixed berries, coconut milk, and juice in a blender until smooth. Add tea to berry blend. Drink as a smoothie or freeze if you prefer to eat as a sorbet.

**Berry Wisdom-Seeker Cobbler**
Serves 2 to 3
2 cups blueberries
1 cup blackberries
¼ cup honey
¼ tsp cinnamon
¼ tsp vanilla extract



 

1 cup organic rolled oats (not instant)
¼ tsp stevia
3 Tbsp brown rice flour, sifted
1 ½ Tbsp organic butter, softened

Preheat oven to 350°F. Gently mix berries, honey, cinnamon, and vanilla in a medium-sized bowl. Place in an 8-inch baking pan. In separate bowl, combine oats, stevia, brown rice flour, and butter. Mix with fingers until all ingredients are crumbly. Spoon on top of the fruit mixture. Bake 35 – 40 minutes or until slightly browned. Cool before serving. Serve with organic vanilla yogurt.

**Zesty Purple Spiral Salad**
Serves 1
2 large red cabbage leaves
¼ red cabbage, sliced lengthwise
1 large shallot, sliced into ringlets
1 Tbsp grated carrot
2 Tbsp raw pine nuts
1 Tbsp flaxseed oil
1 Tbsp freshly squeezed lemon juice
½ tsp lemon zest
1 tsp honey
Sea salt and ground black pepper to taste

Lay the 2 cabbage leaves inside a serving bowl, overlapping to cover the bottom surface. In a small mixing bowl, combine the sliced cabbage, shallot, carrot, and pine nuts. Add the flaxseed oil, lemon juice, lemon zest, and honey. Combine the mixture well, seasoning with salt and pepper to taste. Then spoon it into the middle of the cabbage leaves in the serving bowl. Either eat the salad taco style (rolled up in the cabbage leaves) or dig in with a fork.



 

## WHITE FOODS AND DETOXIFICATION

Detoxification is associated with your spirit and the color white. Your liver is your primary organ responsible for detoxification.[1] Your body's detoxification system removes waste and toxic substances from your body. It involves metabolic processes through which toxins are converted into compounds that are ultimately less toxic and more easily excreted. Detoxification can be nutritional, and it also refers to the metabolism of drugs, waste products from your normal metabolism and from gut bacteria, and pollutants. It can even include emotionally toxic experiences, relationships, and thoughts.

If your detoxification system is not functioning optimally, you can experience a build-up of toxins. This can include a variety of substances like toxic metals, pesticides, unsafe additives from food products, and more. A toxin is any substance that can adversely affect the function or structure of cells in your body, and this can contribute to a variety of symptoms like fatigue, weight gain, dyslipidemia, skin problems, headaches, frequent allergies, and depression, among others.[2]

Cruciferous vegetables, garlic and onions, and foods containing fiber can support your liver and detoxification.[1]

Did you know?

- Cruciferous vegetables like leafy greens, broccoli, cabbage, and cauliflower, and allium species of plant foods like garlic and onions may help protect you from liver cancer.[1]
- Sulforaphane is a phytochemical found in cruciferous vegetables, and it may help prevent cancer by contributing to the detoxification of chemical compounds and by improving antioxidant activity in your body.[3]
- Garlic and onions contain organosulfur compounds, which are important for the activity of enzymes that help remove toxins from your body.[4]
- Dietary fiber intake may help prevent liver disease.[5,6]
- Antioxidants play an important role in liver health.[7]

White foods that support your spirit and detoxification include:

- **Cauliflower**
  - Cauliflower is a rich source of glucosinolates, sulfur-containing phytonutrients that have antioxidant and anticancer activity.[8]
  - Glucosinolates can upregulate the activity of phase II detoxification enzymes.[9]



 

- Sulforaphane is an isothiocyanate compound found in cauliflower, and isothiocyanates are formed from glucosinolates.[10]
- Select cauliflower that is clean with a creamy white color. It should have a compact-looking curd without separated buds. Heads of cauliflower that are surrounded by thick green leaves will be fresher, and while the cauliflower florets are the part of the plant we are most familiar with eating, the stems and leaves are edible too.[11]

- **Coconut oil**
  - Coconut oil is a rich source of medium chain fatty acids (MCFAs), which can be absorbed directly from your intestines and sent straight to your liver to be used for energy production. Because of this process, MCFAs do not contribute to synthesis or transport of cholesterol.[12,13]
  - Coconut oil can protect against heart disease and other chronic diseases like diabetes and cancer, and it can help treat infectious diseases.[13]
  - Coconut oil contains lauric acid, capric acid, and monolaurin and monocaprin, which are monoglycerides. These compounds provide anti-microbial properties, which help detoxify your body from microbial invaders.[14]
  - Coconut oil is a saturated fat, and contrary to recommendations for saturated fat restriction in the management of coronary artery disease, extra virgin coconut oil intake can increase levels of HDL cholesterol and aid in the secondary prevention of coronary artery disease.[15]
- **Garlic**
  - Garlic has antioxidant properties that can benefit liver and kidney function.[16]
  - Garlic is a rich source of organosulfur compounds. It has antioxidant, anti-inflammatory, chelation, and liver-protecting effects. [17]
  - Organosulfur compounds can upregulate genes and enzymes needed for detoxification.[17]
  - The active component in garlic that provides a great deal of its health-promoting properties is allicin.[18]
  - Fresh garlic is more flavorful and will provide maximum nutritional benefits. Select garlic that is plump with unbroken skin; it should feel firm and not be damp. Avoid purchasing garlic that is soft, moldy, or sprouting.[19]
- **Onions**
  - Including onions in your diet may lower plasma glucose levels and biomarkers for oxidative stress.[20]
  - Onion, like garlic, contains organosulfur compounds, which may help protect against cancer and aid in detoxification.[4,21]



 

- Onions contain flavonoid antioxidant compounds like quercetin that may provide anti-inflammatory activity and benefit immunity.[22]
- Quercetin is the major antioxidant found in onion peel and skin.[23]
- Onions are a good source of vitamin C. This is an important antioxidant vitamin that helps liver detoxification function properly by supporting phase 1 detoxification enzymes.[24]
- Purchase clean, well-shaped onions that have crisp and dry outer skins, and avoid those that show signs of mold or are sprouting. Many onions are irradiated to prevent sprouting, so look for organically grown varieties to avoid this. Store your onions in a well-ventilated area at room temperature, keep them out of bright light and heat, and while green onion should be refrigerated, onions do not need refrigeration. Keep your onions and potatoes stored separately because they will spoil more quickly if kept together.[24]

- **Turnips and Parsnips**
  - Turnips are members of the *Brassica rapa* species of plants and play a role in detoxification due to their fiber content and their ability to chelate heavy metals.[25,26]
  - Turnips contain glucosinolates, sulfur-containing antioxidant and anticancer compounds that can upregulate phase II detoxification enzymes.[8,9,26,27]
  - Parsnip is a root vegetable related to the carrot, and it is a good source of dietary fiber.[28]
  - Parsnips contain the antioxidant vitamin C,[28] which is important for phase I detoxification in the liver because it may scavenge free radicals produced when the liver metabolizes toxic compounds.[24]

**RECIPES:**

**Mango-Coconut Smoothie**
Serves 1
1 cup diced mango
1 cup unsweetened coconut milk (boxed variety)
¼ cup unsweetened coconut water
1 scoop protein powder of your choice (hemp, pea, rice, whey for omnivores)
Water and ice to blend

Put all the liquid and whole-food ingredients into a high-speed blender first, followed by the dry protein powder, and then blend everything until a fluid consistency is reached. Add more water if needed. Drink immediately.

**Sweet-Sour Slaw**
Serves 1
1 cup diced green cabbage



 

½ cup diced red cabbage
1 pear, sliced
1 Tbsp diced white onion
2 Tbsp chopped walnuts
2 Tbsp golden raisins

For the Dressing:
1 Tbsp Dijon mustard
1 tsp honey
1 Tbsp apple cider vinegar
1 Tbsp flaxseed oil
½ tsp fennel seeds
Pinch of ground cayenne pepper
Pinch of sea salt

In a serving bowl, combine the cabbages, pear, onion, walnuts, and raisins. In a separate small bowl, whisk together all the dressing ingredients and drizzle the dressing over the salad.

**Creamy Spiced Cauliflower Soup**
Serves 2
2 tsp coconut oil
½ medium yellow onion, diced
2 garlic cloves, minced
Pinch of crushed red pepper flakes
1 tsp ground cumin
1 tsp turmeric powder
Pinch of ground coriander
Pinch of ground cardamom
Pinch of sea salt
Dash of ground black pepper
½ large head cauliflower, roughly chopped
1 cup unsweetened, full-fat coconut milk
2 cups organic vegetable broth
1 bay leaf
1 Tbsp cashew nut butter

In a large soup pot set over medium heat, warm the coconut oil. Sauté the onion and garlic, stirring occasionally, until the onions become translucent, about 3 minutes. Add the red pepper flakes, cumin, turmeric, coriander, cardamom, salt, and black pepper, and stir the mixture well for about 1 minute. Then add the cauliflower, coconut milk, broth, bay leaf, and cashew nut butter. Bring the soup to a boil, then reduce the heat and let it simmer gently for about 15 minutes, until



 

the cauliflower is tender. Ladle half the soup into a serving bowl and serve it warm.

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